6. Arrange your support:
You spend your personal budget on the support you need. The Council will encourage you to do this yourself if you can. Or you can ask other people to find services for you and set up the services.

7. Review:
Someone will contact you during the year to check your personal budget and support plan are working for you. They will also ask if you need to change anything.

Confused about this leaflet? Telephone 020 8545 4430

More information is in the booklet called: Self-Directed Support Customers Guidance. Call 020 8545 4430 to get a booklet.

Written December 2010
What are Self Directed Support and Personal Budgets?

Self directed support means having more choice and control over the care and support you need to live your life. Merton Council is making sure local people over 18 years old who need care and support are more in control of their care and support.

A Self directed support worker will help you fill in a Self assessment questionnaire.

The 7 steps to getting a personal budget:

1. Someone can help you fill in the questionnaire. The questionnaire asks about what you can do for yourself and what you need help with.

2. The Council tells you the amount of your indicative allocation.

3. You write your support plan.

4. The Council has to agree that your support plan is going to work for you. If the Council says your support plan is OK, your indicative allocation is now called your personal budget.

5. Take control of your personal budget.

6. You can take control by having a direct payment. This can be paid to you or someone else that you choose. The money can be paid into your bank account. Or the Council can manage your personal budget for you.

7. You can use the money to pay for your care and support. Your care and support worker will help you fill in the questionnaire.

Support plan: 
A support plan is a plan of what care and support you need and how you want the support given to you. Like if you need help at home to stay healthy, or if you need help to go to activities during the day.

Personal budget: 
Your indicative allocation is the money the care and support you need could cost. The indicative allocation is how much money the Council works out the care and support you need could cost. We tell you this as a guide. We will tell you the amount of your indicative allocation and do some sums. The indication looks at the answers in the self assessment questionnaire and does some sums. We will tell you the amount of your indicative allocation and do some sums. The indication looks at the answers in the self assessment questionnaire.

Get your support plan agreed:

You write a plan to show what care and support you need and how you want the support given to you. Like if you need help at home to stay healthy, or if you need help to go to activities during the day.